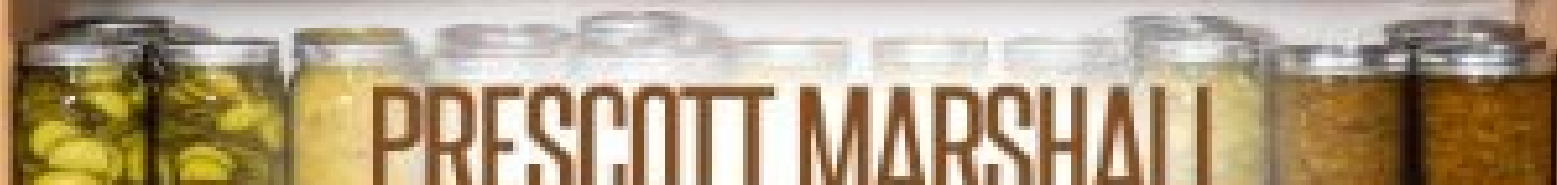
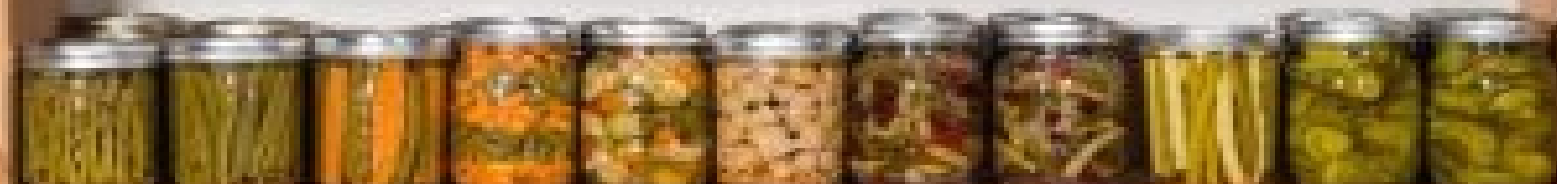


SURVIVAL PANTRY

*Definitive Preppers Guide to Food and
Water Storage, Canning, and Preservation*



PRESCOTT MARSHALL

SURVIVAL PANTRY

*Definitive Peppers' Guide to Food and Water
Storage, Canning, and Preservation*

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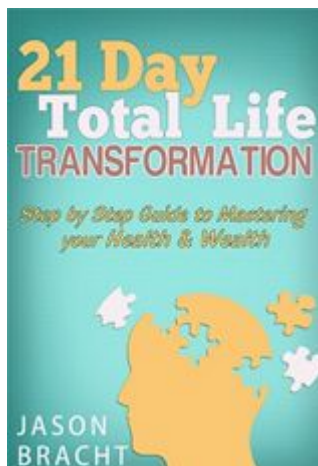
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Our publishing team has collaborated on an E-Book that I believe will help anyone who wants to make a lasting change in their life. The title is *21 Day Total Life Transformation*. All you have to do is go to JasonBracht.com enter your email address and I will deliver it directly to your inbox.

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WHAT IS A SURVIVAL PANTRY?

No one can predict a disaster. It can be storm or flood or earthquake. You would have insured all your properties, but that would not stop you from standing in food lines or fighting for a food token. A backup food supply would answer the above problem, but the answer is not complete. What should be stored? How much to store? How to store the food supply?

You might not know the exact date or the month of the disaster, but you can at the least predict the season. On the other hand, in this age of global warming, nothing is predictable. You need to be prepared for all kinds of disaster at all the times.

Your cell phone, laptop, tablet and your favorite sofa will not matter at the time of a disaster. Food, water, clothing and shelter will become the main concern. The survival pantry will have the list of food items and other required accessories that you will need until the situation ends. Remember that you cannot buy it all at once. You can build your shelf with necessary items one by one. Plan your basement in such a way that you will not face emergencies. You can store all sorts of foods to keep your family well fed.

When it comes to a survival pantry, the problem does not start with storing the food items. It begins with building a pantry. Each kitchen is different size. You should be able to find a right way to build the pantry that would help in effective storage.

A survival pantry is not something that is to be handled with lethargy. It might not look very important at the moment, but when a disaster strikes, it would be too late. For instance, perhaps there is an announcement of a tornado and the government has asked you to move to a safe location. The first safe location would be your basement. You and your family might be settled in the basement for, say, 12 hours. The first feeling would be thirst and then hunger. In such a situation, a well packed basement would be akin to a food heaven.

You can also fill your vehicle with a survival pantry, in case you need to move away from the location for the time being. This would be essential in case of floods. You cannot hide in your basement if you are to escape from floods or earthquakes.

People who have seen zombie movies and other apocalyptic movies know the importance of the survival pantry. This is something that even your 7-year-old son should know it. Read this e-book and get a gist of what to store, how to store, where to store and how not to prepare a survival pantry.

Finding the Right Place

In simple terms, the survival pantry is the extra food you save for the emergency. It is important to store food in an area that is easily accessed whenever needed. The best

place for a pantry is the cellar. In case of absence of a cellar, the second best place is the kitchen. It would be easy to have storage, under the cellar staircase too. This place would suit for the first aid supplies and important food items. It is also important to store some food in your truck or car. You might need to move from your locality, too.

The other place to store is under the staircase. Build an angled shelf and store all the items. This would save a lot of space.

How to Store?

The most important point is to store it in a way that it would be easy to sort. Store the products with the earliest expiration date on top and move in ascending order. You can replace the old stock with new ones and take the old ones for daily use. The products should always be in rotation. This would also help to keep the pests and other problems, off the pantry.

The first point is to make sure that your storage maze has space for you to move around. If you plan on storing food over and over without any space to view all the racks, some of the cans would get deposited in the racks past their expiration date. In this case, at the time of emergency, you would have a lot of canned food, but perhaps nothing consumable.

Store what you eat a lot. Look for coupons and offers and stock up your pantry. Think of foods that you would eat when you need power and store them, too. This would include beer, chocolate, coffee or tea. Do not pile all your stock in one place. Pack all the types of things in small quantities in more than two places. In case of one of the place become inaccessible, you can take the content from the other places. For instance, if you have stored all your content in the cellar and if your cellar is flooded with water, due to the heavy rain, then all your stock will be wasted. Save some in your vehicle, some in the attic, cellar and in any cupboard, where you could easily get it. Pile them in a place, where it would be easy for you to grab and put it in a sack and take it out.

WHAT SHOULD BE IN THE SURVIVAL PANTRY?

Do not pack your video games, tablets, make-up set and other luxury items. You should know what should be packed and what should not be. If you must carry the pantry outside, as in the case of floods, the weight must be reduced as much as possible.

If you have already begun your survival pantry, you would have stocked some canned foods, dried fruits, food items that can withstand without delicate care, water, a considerable amount of cash and emergency kits. Is this enough? Here are 13 essential things that people should have in their pantry. Many of you might have missed five or more items. Do not feel guilty. You cannot prepare it in one day. The pantry will need arranging and rearranging, every now and then.

13 Essential Items to be Stored

Water

We usually underestimate the amount of water we need per day. Usually people consider 8-10 glasses per day per person. However, we need water for our personal hygiene, washing and drinking purposes. The minimum daily requirement would be two quarts. In a hot climate, or for a nursing mother, a pregnant woman or ill person, the requirement would be higher. Storing one gallon of water per day per person is recommended. You can save juices and water can be stored in drums for purposes other than drinking.

Water Purification Supplies

You might have stored enough water but, within a week, your water would become scarce. You would need to use any water source available around you. Taps, a well, a lake or even any other natural spring are sources which would provide you water. You can use the water filled in your tub, the water heater or any other place, but you will need some way to purify it. You need not buy a costly purifier.

Disposable Plates

You have stored all that you can. But, how will you eat or drink? You won't know how long it will take to come out of the emergency situation. Use paper plates so that you can save the water that would be spent on washing dishes.

Grain Mill

Store wheat berries and rice and a mill to grind them. You can also grind dried beans for flour. You can buy a hand-driven grain mill or an electric driven mill. The electric driven mill might not help if you do not have a power supply.

Canned Foods

If there is no power, fridge is out of the question. Thus, you would probably first eat things out of your freezer and then the fridge. It is better to stock canned food. This would help you get all the types of vegetables, fruits and beans packed up without worrying about the storage facilities.

Dehydrated Vegetables and Fruits

When the space is a constraint, you can dehydrate fruits and vegetables. You can store them like the dried fruits and eat them, without cooking. You can also rehydrate them with water. You can also store canned meat.

Cooking Utensils

If the power is out, then cooking through electric gadgets would be out of the question. You will need gas utilities or fire stove to cook. In case of fire stove, stock up fuel and matchsticks or lighters.

Bouillon

Bouillons can be bought or made at home. It would provide essential proteins, minerals and vitamins.

Staples

Beyond all these, you will need salt, sugar, pepper, baking soda, vinegar, herbs, spices, powdered milk and other items used in cooking.

Drinks

If you are addicted to coffee or tea, you can stock some powders. You need not store a coffee machine. You can use the powdered milk, coffee or tea powder and water.

Sprouting Seeds

You can store some seeds and grow them in a small bowl. You could use the greens for cooking. This would be a last resort. Store as many seeds as possible and start sprouting them when half of your food supplies are gone.

Hygiene Items

Soaps, toilet papers, deodorant, toothpaste and essential medicines like those for cough, cold, fever and headache should be included in your pantry. Some of these might look like luxury products but you will need these to keep you away from diseases.

Kitchen Accessories

Your canned food would be a waste without a can opener. Your food packets would be tough to handle without a pair of scissors. You would need a holder to remove the hot pots from the stove. Knives are essential to prepare food.

These are not the only items your pantry should have. Flashlights, blankets, clothes and many other things can be added. You might need more health-related items too. Make a list of the items you need to store and go through it again and again. Get help from your partner, too. You will add one item or the other every time you check your pantry.

FOOD ITEMS TO BE STORED IN YOUR SURVIVAL PANTRY

Food comes right next to the water supply, but it is not as if each and every food can be stored. Some should be a part of the pantry and some food items should be avoided. Concentrate on long-lasting food. This chapter will be your shopping list for food with a long shelf life.

Cooking will need oil. Instead of using butter, you can use coconut oil. It has a longer shelf life than any other oil. It can be stored for about 2 years and is the best oil to pick for your survival pantry.

You can also pack non-carbonated soft drinks, which will help to increase energy. These beverages include vitamin water, juices, Gatorade and other flavored drinks. They can also be used to flavor other foods.

Flavor Adding Foods

- Salt
- Sugar
- Honey
- Alcohol – Vodka, Whiskey and others

These items can be stored up to 10 years and can be used to add a little flavor to your food. You need not have a fridge or special compartment for storing these.

Grains for the Survival Pantry

- Hard Red Wheat
- Soft White Wheat
- Buckwheat
- Dry Corn
- Millet
- Spelt
- Durum Wheat

- Barley
- Oats
- Rice
- Quinoa
- Rye

Hard grains can be stored up to 10 to 12 years. Soft grains can be stored for about 8 years, even sealed without oxygen.

Beans

- Kidney Beans
- Lentils
- Pinto Beans
- Lima Beans
- Mung Beans
- Black Turtle Beans
- Black-eyed Peas
- Adzuki Beans
- Garbanzo Beans

These beans have a shelf life of 8 to 10 years. They should be stored and sealed.

Flours and Mixes

- All-purpose Flour
- Whole Wheat Flour
- White Flour
- Pasta
- Cornmeal

These would have a shelf life of five to eight years

Oil

Instead of using butter or margarine, you can use coconut oil. It can be stored for about 2 years and is the best oil to pick for your survival pantry.

Miscellaneous Foods

- Canned Fish (especially Tuna)
- Canned Meat
- Canned Fruits and Vegetables
- Peanut Butter
- Tea and Coffee
- Noodles
- Hard Candy
- Powdered Milk
- Spices
- Dried Herbs

These products have a shelf life of up to 5 years.

Multipurpose Food Items

- Baking Soda – can be used for cleaning and cooking
- Apple Cider Vinegar – cooking, cleaning and has antibiotic properties

Honey can also be added to this list. It can be used for its antibiotic properties, especially raw honey.

Non-Food Items to be Added to the Grocery List

- Lighters

- Soaps
- Disposable Plates and Cups
- Medicines
- Peroxides
- Lighter Fluid
- Charcoal
- Knives
- Can Opener

You can also pack non-carbonated soft drinks.

Meal-Based Food List

You might need to arrange the food list according to each meal. This would help you to add more items than you might miss otherwise.

Remember that during an emergency, the content in your fridge would not last long, due to lack of power. For the same reason, you might not be able to use the food processor or the microwave oven. You should heat the soup or bake your snacks in a camp stove or a gas stove. You can also store junk foods like nachos, potato chips, French fries and biscuits.

Food Items to Store if a Child is in the Household

Just like your lifestyle and the routine, the survival pantry would also change when there is a child in the household. The kid might not be able to understand that it is a time of emergency. Thus, it is important to make sure that you keep the environment as if there is not much difference. You would need

- a. Unsweetened Cocoa Powder or Hot Cocoa Powder
- b. Jell-O
- c. Instant Potato Flakes
- d. Macaroni
- e. Biscuits

- f. Candy Bars
- g. Vanilla Seasoning
- h. Juice Box

Spices to be Added to the Survival Pantry

- a. Salt
- b. Black Pepper
- c. Red Pepper (crushed)
- d. Chili Powder
- e. Garlic Powder or Minced Garlic
- f. Onion Powder
- g. Cinnamon
- h. Bay Leaves
- i. Parsley
- j. Oregano
- k. Pickled Peppers

These are not essential items to be added, but if you are planning to cook your own food, these would be the basic for all. If you want to skip any of the above, it would not affect you in any way. Salt, pepper and chili powder would be essential. You can also add more spices to the list like Chinese 5 spice, Cajun seasoning, tobacco, balsamic vinegar and meat spices. The meat spices would be excellent if you have fire and meat. These spices would help you taste the meat with the grilled taste.

Food Items to Store in the Case of Having a Pet

Raising a pet is very common all around the world. Cats, dogs, birds and many other animals can be pets. You cannot leave the pet without any care at the time of emergencies, so you might need to add a few more items. Following are the tips to follow when you have a pet.

- a. Unless you are planning to feed your pet from the food you have stored, you need not buy canned foods for your pets.
- b. Make sure to keep all the food items away from your pet, as they might get greedy, sometimes.
- c. Use the coffee filter or separate bowl for feeding the pet.
- d. Do not forget to pack an extra litter box and drinking bowl
- e. If you have birds, then you can feed them with the quinoa or the wheat.
- f. Pack a few play things for your pet to keep it busy.

YOU WOULD NOT BELIEVE THAT THESE SHOULD BE IN SURVIVAL PANTRY

When it comes to survival pantry, you want to stock the most important food items. Adding more and more would make the pantry look messy and you would not have space for adding essential items. But, there are a few items that might not be essential, but are very useful if stocked in your pile. As the title reads, you would not believe that these items are needed unless you read this chapter.

This chapter has the list of items that people usually do not tag as something that should go to the survival pile and miss it. Missing them would not add to any misery, but adding them would help you in many ways.

Coffee Filters

Even if you do not drink coffee or tea, coffee filters are very important part of the pile. These are inexpensive, very light weight and do not take much space. There are many uses of the coffee filters:

- a. Can be used as a rag or paper towel.
- b. Helps to cover the food and keep insects away.
- c. Filters debris from water.
- d. Can be used as a bowl for eating or feeding pets.
- e. For organizing small items like nuts or other items. The things can be placed inside the filter and tied with a thread.
- f. Emergency toilet paper or pet poop scooper.
- g. As a filter for smells, put some baking soda into the filter and tie it with a shoelace.
- h. Can be used as a funnel or to trap excess cooking oil.
- i. Can be used for sprouting seeds.
- j. Strain soups and broth.
- k. Make coffee.

Honey

Honey is usually packed in a very small container to substitute for sugar or maple syrup. But honey should be added in large quantity in your survival pack. The reasons are:

- a. Can be applied to the wound for healing.
- b. Consuming would prevent seasonal allergies.
- c. Can fight cold and sore throat.
- d. Hot tea with honey would fight flu.
- e. Can control blood sugar fluctuation.
- f. Controls cholesterol level.

Make sure to buy raw honey. Just because the label says honey, you should remember that it does not contain raw honey.

Comfort Foods

Biscuits, candies, chocolates and other dried confectionaries might look like luxury foods. However, these comfort foods will help you to live through a long emergency period. We might think that, during the time of emergency, we would be satisfied with the wheat and barley we have stored. But, we would soon get fed up of these and would be depressed. During World War I, in Belgium and France, people starved, even when America sent them thousands and thousands of pounds of corn. They were fed up eating it and decided that it was suitable only for livestock and they starved. Remember to eat what you have stored and store what you eat.

When it comes to chocolate, try to be a little more liberal. The advantages of eating chocolate during these times are:

- a. It would boost the mood and energy.
- b. It would add fiber.
- c. It is packed with antioxidants.

Vodka

Do not consider me an alcoholic. Vodka has a few medicinal benefits. You can cook with it, barter it or drink it. Using vodka as a mouthwash would reduce toothache. It can be used as an anesthetic for blisters and reduces smelly feet if applied to them. It

can be applied on the skin to repel flies and mosquitoes. To ease the effect of poison ivy, apply vodka to cold sores.

Tomato Powder

It is not your fault if you have not heard of it. Among the food items that cannot be stored are tomatoes. They have a very short shelf life, but most of our cooking involves tomato. Thus, it is important to have tomato powder to make tomato sauce or paste.

Baking Soda

With no electricity, baking soda might seem a non-essential item, but it would be helpful in:

- a. Protecting from sunburn. A solution of water and baking soda would soothe sunburn.
- b. Whitening the teeth.
- c. Calming an upset stomach.

SURVIVAL PANTRY STORAGE GUIDELINES

Planning and buying the items required for survival pantry might not be very hard, if money is not a big constraint. However, storing them is a big constraint. Knowing the adequate temperature, place and handling methods is essential, when it comes to storage of survival pantry. You are not storing food for the next weekend party. You do not know when you will be using it. No matter how small your house is, there is always a way to store a survival pantry effectively. Just because your house does not have a cellar or a big kitchen, you do not need to stop planning. An ideal storage place would be a cellar filled with racks and cupboards, but you can use any room when you follow the guidelines given below.

Temperature

The temperature of the storage is a very important parameter. The basic point is that the shelf life of the food items would decrease if the temperature is higher than 50 to 60 degrees F. No matter how well it is packed, with every 10-degree increase beyond 60 degrees F, the nutritional value and the shelf life decrease.

If you live in an environment where very high temperature and humidity occurs, then the storage will be even more difficult. The ideal place is a cement basement below the ground level. If you do not have a basement below the ground level, then:

- a. If you are living in a humid and hot area, use a dehumidifier for storage.
- b. If you are living in a hot and dry area, then air conditioning would be perfect. Before the time of air conditioner, people used to dig a fruit cellar to keep their garden product fresh and nutritious. If possible, you can dig one for you.

Building a Pantry

A simple pantry would have a shelf with many racks that could contain containers of different sizes. You can turn different places into pantries or mini pantries.

In Kitchen

- The space above the cabinets
- Space above the refrigerator or the stove
- Turntables

- Shelves under the sink
- Or any place that you would normally not use much

In Closets

- Build shelves inside the closets
- In a shoe rack, place even-sized containers and place the shoes over them
- Use hanging pockets on the inner side of every door.
- Bookshelves

Beds

- You can buy beds with a shelf on the bottom
- Place the containers in cardboard boxes and push them under the bed
- Behind the headboard
- Decorate your room with designer crates in which the containers can be stored.

Other Rooms

- In the laundry room, above the washer
- Behind the couch
- Use crates to make a TV stand
- Garage, shed or covered porch
- Add shelves near the ceiling
- Buy freestanding shelves
- Loft

Managing mini pantries

Mini pantries are nothing but the small spaces you find around the house to store small quantities of your survival pantry. When the products are all in one place, it would be easy to manage by arranging them according to their expiration date. When it comes to mini pantries, the best way is to make a list. The list should contain the product name, the number of containers or weight, the expiration date and the place of storage. There are long-term storage things like wheat, rice and barley. These can be left without many rotations. Snacks, dry fruits and other products with shorter life span must be rotated for regularly.

Divide your inventory list into the following items to make sure that you do not leave any container to rot.

- a. Canned food: This should be considered as short-term foods. It has a 1 to 3-year life span.
- b. Frozen foods: the frozen foods have a very short life span. They would go for the first few days of your emergency period. Once the power supply is cut, the freezer is not an option.
- c. Dehydrated food: The shelf life of the dehydrated food depends upon what fruit or vegetable has been dehydrated. Homemade dehydrated product would not stand long without mold formation. If the dehydrated foods are crisp dried and vacuum packed, then they can be long-term foods. If they are crisp dried, then they have to be included in the foods with shorter shelf life.
- d. Dried foods: The dried foods like sugar, oats, wheat, honey etc. are long shelf-life products.
- e. Freeze dried products are considered to be long-term.

How to Store Water

Collecting 30 or even 50 gallons of water is not very tough. It is easy to buy the barrels, too. But, it is not as simple as to store the water and keep it clean and safe until an emergency occurs. In most areas, during an emergency, the outside water or the water from the normal sources would not be safe to drink. If you have a tap water outside your house, then the storage would not be a problem. All you would need are big barrels, to hold water.

Water Storage Containers

Water storage containers can be of varying sizes. The containers should be made of food grade, BPA free material. You can also buy collapsible containers that would hold up to 5 gallons of water. You can also store water in small cans, pouches and boxes.

Myths in Water Storage

There are a lot of myths associated with water storage. A few are explained below.

There is a common practice of treating water before storing it. However, if you are storing tap water, there is no need to treat it. All culinary water is chlorinated and is safe to fill directly.

Some people rotate water every 6 months like they do with food. Unless your water is UV protected and exposed to direct sunlight, you need not rotate it. It is not as if water would get spoiled if not used for a certain amount of time.

Some people say that water has to be boiled for 10 minutes to kill all germs. In the case of emergency, it is not wise to boil the water for 10 minutes. Boiling water for three minutes would be enough for killing all the germs, with no respect to the altitude.

There is a myth that chemicals from a plastic bottle can leach into water. This myth is spreading very fast. Food grade PET bottles can be used for storing water and is also safe, even when exposed to room temperature. The leaching of chemicals occurs only when the bottles are exposed to more than 80 degrees.

Purification

For purification of water, you can use:

- Chlorine Dioxide Tablets - They have a shelf life of 3-4 years
- Iodine Tables - One table would be enough to purify a quart of water. Drink the water after 30 minutes from adding the tablet.
- Chlorine bleach or Clorox can be used to disinfect water. Four drops are needed for a quart of water.
- Solar water disinfection can be used to kill all the micro-organisms.
- Backpack filters are also available
- You can also purify water with the help of gravity flow filters.

How to Store Sugar?

There are several forms of sugar. Each would need a different type of storage process. As long as you keep the bugs out, the shelf life of all types of the sugars is high.

White Sugar

White sugar is the easiest one to store. It can be stored in a plastic bucket with Mylar bag lining. Oxygen absorbers are not required. Sometime the sugar will be clumped together, but it will get dissolved easily and breaks apart fast.

Powdered Sugar

Powdered sugar will not clump like the normal sugar. It should be kept dry and airtight.

Brown Sugar

It is a little difficult to store brown sugar. It can dry and form a solid block when stored for a long time. You can store it in a hermetically sealed packet to avoid this. Most of the brown sugar brands can be bought in those packets.

How to Store Powdered Milk?

Powdered milk is essential because it is important for making pancakes, soups, breads, baked goods, coffee and tea. It is not inexpensive and if not stored properly, it could go bad. Think of spending a few days without milk.

A milk alternative can be used instead of powdered milk. It is not 100% milk. It contains corn syrup, vegetable oil and other nutrients. You can also buy dry whole milk product instead of powdered milk.

The other choice is to use the powdered milk with a little bit of vanilla and a bit of sugar. This would improve the taste. If stored properly, the shelf life is up to 6 years. Non-fat instant milk would be a better tasting alternative for powdered milk.

How to Store Oil?

Oil is a long-term storage product. However, it can produce a damp smell after a few years. Exposure to oxygen will cause rancidity in the oil. Rancidity can lead to cancer and heart diseases. The guidelines for storing oil and fat are:

- a. Avoid exposure to direct light, oxygen and heat.
- b. Rotate the oil for every year or two.
- c. Store packed and unopened oil. An open bottle can turn rancid within a few weeks.
- d. Lighter color oil has more shelf life and more flavor.
- e. Use solid shortening.

- f. Coconut oil has the longest shelf life in oils.

How to Store Fruits and Vegetables?

Without power, the shelf life of the fruits and vegetables are less. To increase the shelf life, one can dehydrate or can the fruits and vegetables. Dehydrating the fruits like grapes, banana, apricot and apples makes delicious snacks. The dehydrated vegetables can be added to soups. Dehydrating the onions is the best way to store and use onions. If you cannot dehydrate on your own, you can buy those products. The homemade dehydrated products have less shelf life than the others.

You can either buy the fruits and vegetables in a can or can them by yourself. Using preservatives like sugar and salt, one can bottle them up.

How to Store Beans?

Beans are elemental products when it comes to survival pantry. They include peas, peanuts and lentils, too. They are rich in protein and are a good source of fiber.

- a. Legumes have a high lifetime if stored in dry and cool place.
- b. Dry beans should not be stored in refrigerator.
- c. Store them in the container in which it is bought, without breaking the seal.
- d. If you want to store dry beans, store them in food grade buckets or self-sealing Mylar bags.

How to Store Grains?

Grains are the basic ingredients in many menus and recipes. Most of the varieties of the grains have a shelf life more than a decade.

- a. Rolled oats have a shelf life of 30 years, if kept, without breaking the seal. If opened, it should be used within a year. An air-tight container should be used for storing.
- b. If unopened, the wheat has a shelf life more than 30 years. If opened, the shelf life is about 3 years. If ground, the nutritional value will be lost within a few days. To keep bugs away, add an oxygen absorber like bay leaves or dry ice to the wheat.

- c. Cornmeal has a life of 5 years, if unopened. If opened, it would last for one year. The best idea is to dehydrate the corn and grind yourself.
- d. White rice has a shelf life of 30 years, no matter whether it is sealed or not.
- e. Brown rice has a life of 6 months to one year.
- f. If pearled barley is sealed, it will last at least for 10 years. If opened, it will last only for 18 months.

WHAT TO COOK? EMERGENCY RECIPES

If you have no power, you would not be able to use any appliances, from blender to microwave oven. You have piled all the ingredients and are ready for any type of emergency. However, have you ever thought how you would cook or what you would cook?

Emergency Cooking Equipment

There is a manual version of almost all the equipment you have in your kitchen. Plastic oven-proof cooking bags can be used on the top of the pot, with boiling water to warm goods. A barbecue grill is useful, but if you do not have a grill, buy a camping stove. A solar cooker would also be helpful. A Dutch oven or a cast iron skillet would help.

Beef Biscuit

Ingredients:

- Oil – 2 tablespoon
- Dry Onion – medium sized onion amount
- Roast Beef – 12 Oz can
- Mixed Vegetable Can – one can
- Beef Gravy – 1 can (or bouillon cube)
- Skillet Biscuit Mix

Method:

1. Prepare the recipe and keep it aside.
2. Sauté the dry onion or the dehydrated onion in oil and add beef chunks to it.
3. Add the vegetables and gravy and bring it to boil
4. Shape the biscuit mixture to round or oval shapes. Make a golf ball-sized piece of the dough and flatten it with your hand.
5. Place the rounds on the top of the beef mixture and cook for 15 minutes.

Italian Meal

Ingredients:

- Zucchini with Tomato Sauce – 1 can
- Diced Tomato – 1 can
- Kidney Beans – 1 can
- Instant Rice – 3 cups
- Water – 1 cup

Method:

1. Mix all the ingredients and heat till the rice becomes tender. Add water as per your requirements. Garnish with cheese, if possible.

Pork with Bean

Ingredients:

- Tomato – 28 Oz can
- Kidney Beans – 1 can
- Pork and Beans – 1 can
- Pepper and Chili Powder – as per taste

Method:

2. Mix all the ingredients and heat it till it becomes thick.
3. Add with smoked sausage, sliced into it.
4. Serve with bread or biscuit, if required

Spicy Fried Noodle and Rice

Ingredients:

- Ramen noodles – 1 can (chicken)

- White rice – 1 cup (plain)
- Tomato – 1 can
- Vegetable – 1 can (any kind)
- Chicken soup – 1 can
- Chicken – 1 can
- Garlic pepper – half teaspoon
- Chili pepper – half teaspoon
- Spices – optional
- Oil – 2 tablespoon

Method:

1. Cook the tomato and vegetable with the rice and noodles. The water in the tomato and the vegetable could be used to cook the rice.
2. Add water if required
3. While the rice and noodles are cooking, brown the chicken in a skillet.
4. Mix the rice and noodles with the vegetables and the chicken.
5. Add the spices and sauce as per your taste.

Tomato Macaroni and Cheese

Ingredients:

- Macaroni – 2 cups
- Cheese Soup – 1 cup
- Tomato – large can

Method:

1. Cook and drain the macaroni. Do not throw away the water.
2. Use the water and add the macaroni, tomato and cheese soup to the stove.
3. Cover it and let it simmer till the cheese is melted.

4. Cook till everything melts and mixes together.

Noodles Casserole

Ingredients:

- Vegetables – 3 cans
- Ramen Noodles – 3 packet

Method:

1. Add the water from the vegetables to a pot.
2. Bring the water to boil and add the noodles to it.
3. Add all the vegetables and bring it to boil.
4. Cook it until the water evaporates away and the noodles are cooked.
5. Use different vegetables to get a different flavor.

Sweet and Sour Gravy

Ingredients:

- Brown Sugar – half a cup
- Corn Starch – 1 tablespoon
- Pineapple Chunk – 1 can
- Water – 1 cup
- Vinegar – 1 tablespoon
- Spam – 1 can

Method:

1. Combine all the ingredients except the spam and pineapple in a pan and bring it to boil.
2. Allow it to thicken.
3. Now, add the spam and pineapple and heat for a few minutes.

4. Serve with cooked rice.

Carrot Cake

Ingredients:

- Flour – 2 cups
- Sugar – 1 cup
- Baking Soda – 1 ¼ teaspoon
- Salt – half a teaspoon
- Cinnamon – 1 teaspoon
- Nutmeg – 1 teaspoon
- Allspice – 1 teaspoon
- Candied Ginger – 5 sliced
- Raisins – 1 cup
- Sliced Carrots – 1 can
- Oil – ½ cup

Method:

1. Mash the carrot with a fork.
2. Mix all the dry ingredients and raisins well.
3. Add water and carrot to the ingredients and mix until it is liquid enough. Grease the skillet and put the batter into it.
4. Cook for about 30 minutes.

Greek Pasta Salad

Ingredients:

- Tri-Colored Spiral Pasta – 12 Oz
- Three Bean Salad – 15 Oz

- Black Olives – 4 Oz
- Artichoke Heads – 5

Method:

1. Cook the pasta as per the directions.
2. Add all the ingredients to it.
3. Cook until the pasta is soft.
4. Add Romano cheese or Parmesan cheese if required.

MISTAKES TO AVOID WHILE PREPARING THE SURVIVAL PANTRY

So, you have now got the gist of all the ingredients and recipes that would take you through a month of emergency. People usually make a few mistakes, when it comes to the survival pantry. Try to avoid these mistakes to make sure that the survival pantry is a success. These mistakes will help you re-analyze your pantry.

Look at your Taste and not the Shelf Life

People tend to store foods with a longer shelf life. There are a lot of foods that have a shelf life of more than a decade. With such foods, the rotation of the food and other problems would be less. But will you be able to eat it? Do not think that you would be able to adapt to the situation and be satisfied that you have something to eat. Stock what you eat, so that you can eat your stock.

Not Knowing to Use the Preps

With the power out, there is equipment that would help you to work in the kitchen. However, make sure to know how to use them. Learn how to cook with that equipment. If you are planning to grow herbs, practice beforehand. Using a grain mill needs practice, too. You need to run the mill and adjust the stones and get practiced to it or it will take forever to make a decent amount of flour.

Do not take Water for Granted

You will need a gallon of water per day. Store more water than you think you will need. Storing more water would help when the climate is hot. Water is not just for drinking. You would need it for cooking, cleaning, washing and also for rehydrating the food items.

Relying on the Power

Do not think that you will have electricity. This means you should not rely on your heating and cooling source. This would include the fridge and the home heating solutions. In such conditions, you should rely on wood-based or gas stove. A wood-based stove is good for keeping yourself warm.

Relying on Electronic Gadgets

Do not rely more on the electronic gadgets. Make sure to use the natural methods too. Gadgets might look like reducing your work a lot. Running out of batteries or malfunctioning of the gadgets would lead to more problems.

You might need to Move Away from Your House, too

People tend to store all the ingredients in the cellar, attic and basement. What if your house is flooded and you must leave? You might not have time to collect all the items into your vehicles. Keep a set of all the ingredients in your vehicle, too. Make sure to keep all the items in bags that would be able to carry them easily.

Buying and Forgetting Them

You might be able to find a lot of mini pantry places in your house. Make sure to keep a list of all the places and the items in it. You might forget a place and the ingredients in it. You might either buy another set of it or forget to rotate it and let it get spoiled.

Survival Pantry is not a One Person Act

It is not a sweet surprise to keep this a secret from your family members. Educate them about the products you have bought and the places where you have kept them. You should also teach them to use the equipment.

Survival Pantry is Fun

People think that survival pantry is an additional chore. Just like camping, it is fun, too. Though the condition would be rough, the ability to feed your family through these situations would be fun and satisfactory.

Fear and Worry would not Reduce Your Hunger

People think that in such a crisis, you will feel less hungry. However, ironically, during such times, you would be feeling more tired, depressed and bored. This would increase your food consumption.

Decline in the Interest

After reading this book, you might start your preparation immediately. For the first few months, you could be busy building your pantry and storing things. You would soon become tired and bored and stop rotating the items or refilling them. An ineffective pantry is like having no pantry.

Over-Relying on Experts' Rules is Not Good

People who have undergone many emergency situations will help you with many ideas. It is good to make note of all the points. But, remember that no two emergency situations are the same. Judge by yourself about what is best for you.

Do not Buy Preps on Credit

A survival pantry is very important but do not buy the contents on credit. It is not as if you are planning on the day before the crisis. Make a budget and buy in small bundles. You can store them all within a few months.

Do not Store only very Essential Items

Chocolates, candies, popcorns and other comfort items should also be a part of the survival pantry. You will need something to calm the nerves and clear the mind. Do not think that these would increase the space and are a waste of money.

Do Not Buy in Bulk Containers

Buying bulk containers would help to save a few dollars. But, remember that the shelf life of the product would be very low when the pack is opened. At the same time, the rotation would not be easy with bulk containers.

Emergency Time would not End Soon

The flood might be over in a week. But the condition would not be back to normal in a week. The water should drain away, things should dry and the normal lifestyle should start if the condition is to be considered normal. Do not underestimate any crisis.

Have a Balanced Diet

Do not just store the foods that will help you to satisfy your appetite. You might be stuck in the situation for many weeks. You should be able to serve your family all

types of nutrition. Store all types of foods in equal quantities.

Have a Plan B

What if your survival pantry does not work? Do you have any type of alternative plan? If your grains are rotten, then do you have beans to grind for flour? Make sure to know about the alternatives of essential food items. Know about the water source near your locality, too.

Consider your allergies

As said before, do not underestimate the time period of the emergency condition. If you are allergic to a particular food item like nuts, gluten or any others, make sure to stock alternative food. If your health condition gets worse, then the situation would get even worse.

Do not Store for a Decade

Minimum amount should be a month's supply and maximum can go up to 1 year. If you store more than that you are either wasting your money or you are a bad planner.

Shifting to Relatives' House Will Not Help

Many people might say that they would move to their parent's house or kid's place, until the crisis is over. However, what if a nationwide emergency occurs?

Alcohol Is Same as the of Comfort Food

Carrying a case of beer or your favorite brand would not hurt. It would be helpful to enjoy the time during the emergency. But make sure not to get drunk and destroy all your resources. Some recipes have vodka or other alcohol products as an ingredient.

CONCLUSION

In an apocalyptic situation, most of the population could be panicking and have no clue how to react. Therefore having a well stocked survival pantry can be the difference between life and death. I understand that this sounds very harsh but it is a reality. The truth is that disasters are happening all the time around us and we very rarely can predict when they occur. Just a few months ago New York lost power for a few days and people were left to rely on their panties and survival preparations. Harkin back to Hurricane Katrina and we have an example of another crisis that seemingly came out of nowhere. We must be prepared and we must make sure we take care of ourselves and our families.

The tips outlined in this book will help you get started. Now the pressure is on you to get going and start perfecting your survival pantry.

I wish you much luck and success in your journey!

Prescott Marshall

A Preview to Essential Oils for Beginners

ESSENTIAL OILS FOR HAIR CARE

We spend thousands of dollars, every year for hair care. Hair care problems include hair fall, hair loss, dandruff, baldness and damage. The hair health depends upon the chemicals we apply on the hair, the food we eat, the water we use and the genetics. Synthetic chemicals you use might help you solve one problem but side effects can be evidently witnessed. For instance, the dandruff shampoo with propylene glycol causes rashes, dry skin, skin irritation and inhibits skin cell growth. Shampoos with lauryl sulfate would destroy hair follicles. The shampoo with mineral oils is good for hair growth but, would block the pores and the molecules are too big for the skin to absorb.

Essential Oils for Hair Care

Even if your shampoo has no synthetic chemicals, if the pH of the shampoo is between 4 and 6, it would damage your hair. Instead, use essential oils for hair care.

For Normal Hair

- a) Lavender Essential Oil
- b) Rosemary Essential Oil
- c) Lemon Essential Oil
- d) Geranium Essential Oil
- e) Cedar Wood Essential Oil
- f) Thyme Essential Oil
- g) Clary Sage Essential Oil

The best carrier oil for these essential oils is jojoba or borage or almond. If you are allergic to almonds, choose any of the other two.

For Dry Hair

How to find whether your hair is dry or not? If your hair looks dull and tangles easily, then it is dry hair. Dry hair would have split ends. The sebaceous gland near your hair

follicle would help to produce more oil and thus, keep your hair, damage-free. To stimulate the sebaceous glands, use

- a) Rosemary Essential Oil
- b) Lavender Essential Oil
- c) Sandalwood Essential Oil
- d) Geranium Essential Oil

You can use all the carrier oils of the normal hair and also include cocoa butter or avocado or sesame.

For Oily Hair

The other extreme of dry hair is the oily hair; where, the sebaceous glands overproduce the sebum that makes your hair look greasy. The essential oils to be used are:

- a) Peppermint essential oil
- b) Lemon essential oil
- c) Rosemary essential oil
- d) Lavender essential oil
- e) Cypress essential oil

For Dandruff

When it comes to dandruff, the tea tree essential oil is the best remedy. It helps in minimizing and halting the problem much more effectively than the other dandruff curing oils like thyme, basil, lemon or rosemary. The tea tree essential oil is used for fighting bacterial, fungal and viral infections. It helps to fight influenza, cold sores, catarrh and gingivitis. It also helps to clear asthma, cough, sinusitis, TB, cough, and whooping cough.

How to Use the Essential Oils for Hair Care?

The directions of usage of different oils would be mentioned on the bottle. However, the common methods are;

- a) Mixing the essential oil with the carrier oil and diluting it in the bath water. This method is used when the essential oil is used for treating scalp disorder, skin problems and for viral infections.
- b) For lice, the essential oil must be applied on the scalp, after mixing with the carrier oil. Leave the oil for about 40 minutes, before washing it. Repeat this on alternative days for 12 days.

Hair Conditioning Oil Recipes

- a) Choose the essential oil and the carrier oil as per your hair condition and problem.
- b) Mix the carrier oil (1 tablespoon) with three drops of the essential oil, in a bowl.
- c) Wet the hair with warm water and then apply it on your scalp.
- d) Let it soak into your hair for about half an hour.
- e) Wash your hair gently.

Scalp Massage Blend

Ingredients

- a) Cedar wood essential oil – 2 drops
- b) Lavender essential oil – 2 drops
- c) Rosemary essential oil – 2 drops
- d) Tea tree essential oil – 2 drops
- e) Basil oil – half an ounce

Mix all the oils in a small bowl and massage your scalp with your fingertips dipped in the oils. You can also add a few drops to your comb and brush slowly. The hair would absorb the oil easily.

Other Oils Used in Hair Care Routine

Carrot Root Essential Oil

The carrot root essential oil is very rich in carotene and anti-oxidants. It aids in hair growth and skin renewal. Do not use it directly from the bottle. Add with jojoba or other carrier oil for excellent hair growth.

Carrot Seed Essential Oil

The carrot root oil and the carrot seed oil are not the same. It helps in retrieving the damaged hair. It is a rejuvenating agent and boosts cell production.

Bergamot Essential Oil

Using the Bergamot essential oil is beneficial for the people, who want shiny hair. This provides protection to the hair and gives it a shining appearance. It can be mixed with coconut oil or castor oil. You can add a few drops to your conditioner too. It increases the photosensitivity of the area on which it is applied. Thus, it protects your hair and skin from the damage caused by the sun.

Almond Essential Oil

If your hair is dry and damaged, then almond oil would be the best choice for a hot oil mask. Apply it to your hair and allow it to soak for about half an hour. The almond oil also makes your glands secrete more oil for your hair.

Lemon Essential Oil

Lemon essential oil works in the same way as that of the almond essential oil. It provides healthier, stronger and shiny hair and reduces dandruff. It is best suited for dry and curly hair. It can also be used to fight the head lice and stimulates the gland to produce more oil.

Carrier Oil for Hair Care

- a) Jojoba oil can be used for loosening the hard scaling of the sebum. This would help the oil to penetrate into the scalp easily.
- b) The olive oil helps in curing hair loss and also strengthens the hair follicles.
- c) Coconut oil would act as a good conditioner.

- d) Castor oil is good for fungal treatment. It helps in increasing the thickness of the hair.
- e) Vitamin E oil helps in hair growth and protects the scalp. It also helps in improving circulation.
- f) The avocado oil provides vitamin A, E and D. It also acts as a conditioner.